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1. A method of disinfecting a contact lens comprising the steps of:
- preparing a disinfecting liquid which contains water-dispersible fine particles of a titanium oxide dispersed in an aqueous medium,;
 - immersing said contact lens in said disinfecting liquid; and
 - irradiating said disinfecting liquid in which said contact lens is immersed, with a light.
2. A method according to claim 1, wherein said fine particles of the titanium oxide have an average particle size of not larger than 15 nm.
3. A method according to claim 1, wherein said fine particles of the titanium oxide are contained in said disinfecting liquid in a concentration of 1~100 ppm.
4. A method according to claim 1, wherein said disinfecting liquid further contains sodium chloride.
5. A method according to claim 4, wherein said sodium chloride is contained in said disinfecting liquid in a concentration which is held in a range of 0.7~1.2 wt.%.
6. A method according to claim 1, wherein said

said contact lens disinfecting liquid containing water-dispersible fine particles of a titanium oxide which are dispersed in an aqueous medium.

15. A contact lens disinfecting liquid according to claim 13, wherein said fine particles of the titanium oxide are contained in said contact lens disinfecting liquid in a concentration of 1~100 ppm.

17. A contact lens disinfecting liquid according to claim 13, further containing an oxidizing agent.

18. A contact lens disinfecting liquid according to claim 17, wherein said oxidizing agent is a hydrogen peroxide.

19. A contact lens disinfecting liquid according to claim 17, further containing at least one metal ion.

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